



ASSERTIVENESS AND CONFIDENCE WORKSHOP

LEARN:

- **How and when to be assertive**
- **To build up your confidence at home & at work**
- **To believe in yourself & find your inner confidence**
- **Ways of standing tall**
- **Taking up space you deserve**
- **To love yourself!**

Please join this workshop if you want to develop your own personal skills.

Where? Room 20, The Strutts Centre, Derby Road, Belper, DE56 1 UU

Want more information? Contact us!

Telephone	Text	E-mail
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**Fully accessible with BSL interpreters, electronic notetakers
and loop system**

BOOK YOUR PLACE NOW

NEW YEAR! NEW YOU! NEW STRONGER YOU!

